



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Full Report (All Nutrients) 01108, Milk, indian buffalo, fluid

Report Date: July 05, 2017 04:17 EDT

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

Carbohydrate Factor: 3.87 Fat Factor: 8.79 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.38

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 244g	1 quart 976g
Proximates						
Water	g	83.39	8	0.546	203.47	813.89
Energy	kcal	97	--	--	237	947
Energy	kJ	404	--	--	986	3943
Protein	g	3.75	96	0.057	9.15	36.60
Total lipid (fat)	g	6.89	113	0.130	16.81	67.25
Ash	g	0.79	97	0.010	1.93	7.71
Carbohydrate, by difference	g	5.18	--	--	12.64	50.56
Fiber, total dietary	g	0.0	--	--	0.0	0.0
Minerals						
Calcium, Ca	mg	169	164	1.899	412	1649
Iron, Fe	mg	0.12	10	0.016	0.29	1.17
Magnesium, Mg	mg	31	110	1.417	76	303
Phosphorus, P	mg	117	113	1.580	285	1142
Potassium, K	mg	178	101	3.024	434	1737
Sodium, Na	mg	52	101	1.603	127	508
Zinc, Zn	mg	0.22	1	--	0.54	2.15
Copper, Cu	mg	0.046	--	--	0.112	0.449
Manganese, Mn	mg	0.018	--	--	0.044	0.176
Vitamins						
Vitamin C, total ascorbic acid	mg	2.3	3	0.627	5.6	22.4
Thiamin	mg	0.052	14	0.005	0.127	0.508
Riboflavin	mg	0.135	26	0.007	0.329	1.318

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 244g	1 quart 976g
Niacin	mg	0.091	4	0.006	0.222	0.888
Pantothenic acid	mg	0.192	12	0.032	0.468	1.874
Vitamin B-6	mg	0.023	2	--	0.056	0.224
Folate, total	μg	6	1	--	15	59
Folic acid	μg	0	--	--	0	0
Folate, food	μg	6	1	--	15	59
Folate, DFE	μg	6	--	--	15	59
Vitamin B-12	μg	0.36	4	0.032	0.88	3.51
Vitamin A, RAE	μg	53	32	2.830	129	517
Retinol	μg	53	32	2.830	129	517
Vitamin A, IU	IU	178	32	9.423	434	1737
Lipids						
Fatty acids, total saturated	g	4.597	--	--	11.217	44.867
4:0	g	0.276	23	0.013	0.673	2.694
6:0	g	0.153	23	0.008	0.373	1.493
8:0	g	0.071	24	0.004	0.173	0.693
10:0	g	0.141	24	0.007	0.344	1.376
12:0	g	0.167	24	0.008	0.407	1.630
14:0	g	0.703	24	0.022	1.715	6.861
16:0	g	1.999	24	0.057	4.878	19.510
18:0	g	0.682	24	0.031	1.664	6.656
Fatty acids, total monounsaturated	g	1.787	--	--	4.360	17.441
16:1 undifferentiated	g	0.142	24	0.009	0.346	1.386
18:1 undifferentiated	g	1.566	24	0.053	3.821	15.284
Fatty acids, total polyunsaturated	g	0.146	--	--	0.356	1.425
18:2 undifferentiated	g	0.070	23	0.007	0.171	0.683
18:3 undifferentiated	g	0.076	23	0.008	0.185	0.742
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
Cholesterol	mg	19	25	0.204	46	185
Amino Acids						
Tryptophan	g	0.053	--	--	0.129	0.517
Threonine	g	0.182	--	--	0.444	1.776
Isoleucine	g	0.203	--	--	0.495	1.981

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 244g	1 quart 976g
Leucine	g	0.366	--	--	0.893	3.572
Lysine	g	0.280	--	--	0.683	2.733
Methionine	g	0.097	--	--	0.237	0.947
Cystine	g	0.048	--	--	0.117	0.468
Phenylalanine	g	0.162	--	--	0.395	1.581
Tyrosine	g	0.183	--	--	0.447	1.786
Valine	g	0.219	--	--	0.534	2.137
Arginine	g	0.114	--	--	0.278	1.113
Histidine	g	0.078	--	--	0.190	0.761
Alanine	g	0.132	--	--	0.322	1.288
Aspartic acid	g	0.309	--	--	0.754	3.016
Glutamic acid	g	0.477	--	--	1.164	4.656
Glycine	g	0.080	--	--	0.195	0.781
Proline	g	0.364	--	--	0.888	3.553
Serine	g	0.227	--	--	0.554	2.216
Other						